

BREAKFAST MILKSHAKE



CLOUDY

SERVES:

DIRECTIONS:

1. Slice the bananas into 1-inch chunks.
2. Wash the berries and remove the stems.
3. Put the fruits in a plastic bag and seal tightly. Freeze for 3 hours or overnight.
4. Place the frozen fruits in a blender or a food processor (if they are rock hard, let them defrost).

INGREDIENTS:

- 2 bananas
- 5 to 10 whole strawberries (optional)
- 1/4 cup blueberries (optional)
- 1/2 cup milk or orange juice

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SERVES:

DIRECTIONS:

5. Add the milk or orange juice and puree or process until smooth and thick.
6. Pour into a glass, bowl, or mug and serve with spoons or straws.



This breakfast shake is great when your in a hurry.
You can drink it on the run!

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